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Jackie Tran ordered released

IMMIGRATION The Calgary police service is "frustrated and disappointed" after alleged gangster Jackie Tran was ordered released from custody yesterday during a mandatory detention hearing.

Police spokesperson Kevin Brookwell said they are disappointed with the news.

"This is just another part of the ongoing saga with the Tran deportation and it's extremely frustrating. We believe he is a risk to the public," Brookwell said. "What do you need to do to get deported from this country?"

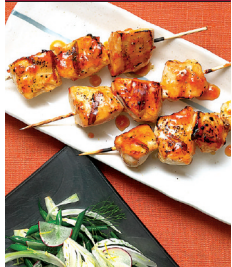
Canada's Immigration and Refugee Board had just issued a deportation order on Tuesday.

METRO CALGARY

Relating pg 6

Spenders attracted to savers

Food pg 12



Sweet, yet tart skewers

LPGA

Steely determination



Australia's Katherine Hull watches her tee shot during the pro-am at the LPGA Canadian Open at Priddis Greens near Calgary yesterday.

United kick off

Agency lowers expectations for its annual fundraiser

ALYSSA JULIE
 for Metro Calgary

The United Way kicked off its fundraising campaign yesterday, but a rocky economic outlook has forced the philanthropic juggernaut to pare back its annual goal.

This year, according to spokesperson Arthur Korpach, the United Way hopes to raise \$47 million — down from the \$49.5 million they raised last year, but still a significant target for organizations like the Distress Centre of Calgary and the YMCA.

"We obviously have a very challenging environment and we've factored that into this year's goal," says Korpach, explaining this year's modest ambitions.

Distress Centre of Calgary employees Michelle Wickerson and Angela Unsworth celebrated the season's final days decked



1,000 United Way supporters kick off the 2009 campaign down 3rd Street SW.

out in garlands of summer flowers, while looking forward to a promising year ahead.

Joining a boisterous kazoo-tootin', pom-pom flailing crowd, they marched ahead cheering for the United Way, hoping to raise awareness of organizations like their own.

"We want to show the spirit of philanthropy in this city and encourage people to give," explained Wickerson, 29.

The money raised this year will be divided up amongst the United Way's many partner agencies.

Cops search for missing Calgary boater on B.C. lake

KRISTA SYLVESTER
 krista.sylvester@metronews.ca

A 20-year-old Calgarian is missing and presumed drowned after jumping from a boat travelling at high speeds on Kamloops Lake and into the water earlier this week.

RCMP say the man was wakeboarding with three others Monday when for no apparent reason he jumped into the 300-foot lake without a lifejacket while the boat was travelling at speeds of approximately 50 km/h. "Something happened when he hit the water — we don't know what — but

"We suspect he just went straight down and we've been searching for him."

RCMP Sgt. Scott Wilson

something happened and he went straight down," Kamloops RCMP Sgt. Scott Wilson said, adding a friend jumped in after him seconds

later, but it was too late.

"They didn't see him again. We suspect he just went straight down and we've been searching for him."

Although no body has been recovered, a coroner has been called in to work with RCMP, Wilson added.

While his name hasn't been released yet, Wilson said the man was a longtime Kamloops resident and moved to Calgary several months ago. Investigators say alcohol was not a factor.

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the **bay**

Pay raises expected to drop

The average pay raise in Alberta is forecast to drop to 2.6 per cent in 2010, less than last year's 4.9 per cent average wage increase, according to a study released by Hay Group. **METRO CALGARY**

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Local



Flames unveil retro jersey

The Calgary Flames yesterday unveiled a retro jersey — worn in the photo by former Flame Jim Peplinski and current Flames forward Craig Conroy — to commemorate the team's 30th anniversary. The jersey, which is an exact replica of the one worn when the team won the 1989 Stanley Cup, will be worn five times at the Pengrowth Saddledome this year. Photo courtesy of the Calgary Flames Hockey Club. **METRO CALGARY**



News in brief

FUNDING Plans to provide the Town of Okotoks with a crucial second bridge are underway after a federal injection of \$11 million towards the \$33 million project. The municipal and provincial governments are also providing \$11 million each for the road bridge over the river. Construction is scheduled to begin in October 2009.

H1N1 As a part of ongoing pandemic preparedness, the province said yesterday they have purchased 106 additional ventilators for the treatment of patients who develop respiratory conditions that require breathing assistance.

PHOTO RADAR In response to community needs identified through statistical analysis, mobile photo radar will be set up on Deerfoot Trail, north and south, as well as the communities of Penbrooke and Marlborough Park throughout the month of September.

CHARGES A man is facing charges after a brief police chase resulted in a suspect allegedly hitting a police vehicle near the Calgary Zoo on Tuesday. Police have laid numerous charges against 39-year-old John Zawazki including dangerous driving. **METRO CALGARY**

Lotteries

Lotto 6/49: 4, 6, 9, 30, 33 & 49. Bonus 13. These results are not official.

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Cleaning up drug houses

KRISTA SYLVESTER
krista.sylvester@metronews.ca

With a growing number of marijuana grow-ops in the city, University of Calgary researchers will be releasing guidelines for cleaning up former drug houses.

On behalf of the Alberta Real Estate Association (AREA), university researchers investigated the health risks associated with former drug houses and are drafting provincial guidelines for the rehabilitation of the homes, according to the director of industry for AREA.

"Currently, there are no consistent remediation standards in place for mould or air quality for former drug houses, and that is our concern," Bill Fowler said. "Our primary concern is the health of homeowners."

"We want our clients to

know the home they're buying is safe and this project will help provide those assurances," Fowler added.

U of C environmental design professor Tang Lee led the investigation into six former grow-op homes in Calgary and says remediation of former drug homes usually costs around \$25,000 to \$30,000.

"Adoption of the recommendations will not only protect homeowners, tenants and prospective buyers in Alberta from indoor contaminants caused by illegal operations," Lee said.

Staff Sgt. Darren Cave of the drug unit said police typically investigate 80 to 100 grow-ops in the city annually, a number he says increases with the population.

"It's a huge problem so we're certainly supportive of the project and anything that will help our cause, is a positive thing," Cave said.



Environmental design professor Tang Lee holds up Petri dishes of toxins found inside a former grow operation in Calgary yesterday.

Alderman lauds BarWatch

KRISTA SYLVESTER
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PROGRAM Calgary BarWatch has been successful in its first five months, but there are still a few bars causing problems, according to a city alderman.

After a community and protective services meeting yesterday updating the progress of the anti-bar violence program, Ward 8 Ald. John Mar said he was pleased to see the group

approach to decreasing bar violence is working.

"Absolutely, the initiative has been working well and most of the bars are doing their part," Mar said, but acknowledged there are still a few bars that aren't pulling their weight.

"Some clubs are more problematic than others, but they aren't necessarily (downtown)."

There will be another update on the progress of the program in March, 2010.

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Canada's mines and energy ministers say regulatory restructuring is their top priority to position the country for the recovery of the mining sector. The provincial and territorial ministers wrapped up two days of meetings in St. John's, N.L. **THE CANADIAN PRESS**

Canada/World

Sorry over shellfish

Federal Fisheries Minister Gail Shea admits fishermen could have been given more notice of a ban on shellfish in the Maritimes. The ban covers clams, oysters, mussels and quahogs and extends to Nova Scotia, P.E.I. and parts of New Brunswick. **THE CANADIAN PRESS**

Ruling spares hate on web

A ruling from a Canadian Human Rights Tribunal member says a law banning Internet hate messages is unconstitutional.

Athanasios Hadjis ruled yesterday section 13 of the Canadian Human Rights Act violates Charter protections.

While this doesn't throw out the law — that's for the courts — it did let accused hateronger Marc Lemire off the hook.

Hadjis refused to penalize him or order him to stop posting his messages.

If the example is followed by other tribunal members, it could mean an end to section 13 cases.

The section originated in

"This is the first time in 32 years anyone has been acquitted under the censorship provisions."

Ezra Levant

the 1960s as a tool against racist phone hotlines and was later extended to the Internet. It has come under harsh criticism recently.

Pundit Ezra Levant said: "This is the first time in 32 years anyone has been acquitted under the censorship provisions of the Canadian Human Rights Act." **THE CANADIAN PRESS**



Michael Ignatieff and wife Zsuzsanna Zsohar meet seven-week-old Noah Lewis after the Liberal caucus yesterday in Sudbury, Ont.

Ignatieff: No turning back

POLITICS Michael Ignatieff says there's no turning back on his decision to try to topple the Stephen Harper government this fall.

And because of the election threat, Ignatieff is cancelling a week-long trip to China, due to start tomorrow, insiders say.

Ignatieff said there's nothing Harper can do to persuade Liberals to continue propping up the minority government.

"We're not in negotiation here," Ignatieff told reporters in Sudbury, Ont.

THE CANADIAN PRESS

Deadly earthquake rattles Indonesia

WEST JAVA At least 44 people were killed and dozens were missing after a strong earthquake rocked southern Indonesia, unleashing mudslides that buried villagers in their homes, disaster management officials said yesterday.

At least 110 people were hospitalized after the 7.0 magnitude quake just off the coast of the densely populated Java island. Disaster Management Agency spokesman Priyadi Kardono said, adding that 10

of them were in critical condition.

The afternoon tremor caused heavy damage across West Java province, where 700 buildings were severely damaged or toppled. Most of the deaths and injuries were caused by falling debris or collapsed walls and rooftops.

A village in Cianjur district was hit by a landslide, burying dozens under tons of rock and mud. At least 10 bodies were recovered.

THE ASSOCIATED PRESS

News in brief

AFGHANISTAN A Taliban suicide bomber attacked officials leaving a mosque east of Kabul yesterday, killing the country's deputy intelligence chief and 23 other people in a

major blow to Afghan forces. A Taliban spokesman claimed responsibility for the attack as dignitaries were leaving Ramadan ceremonies.

THE ASSOCIATED PRESS

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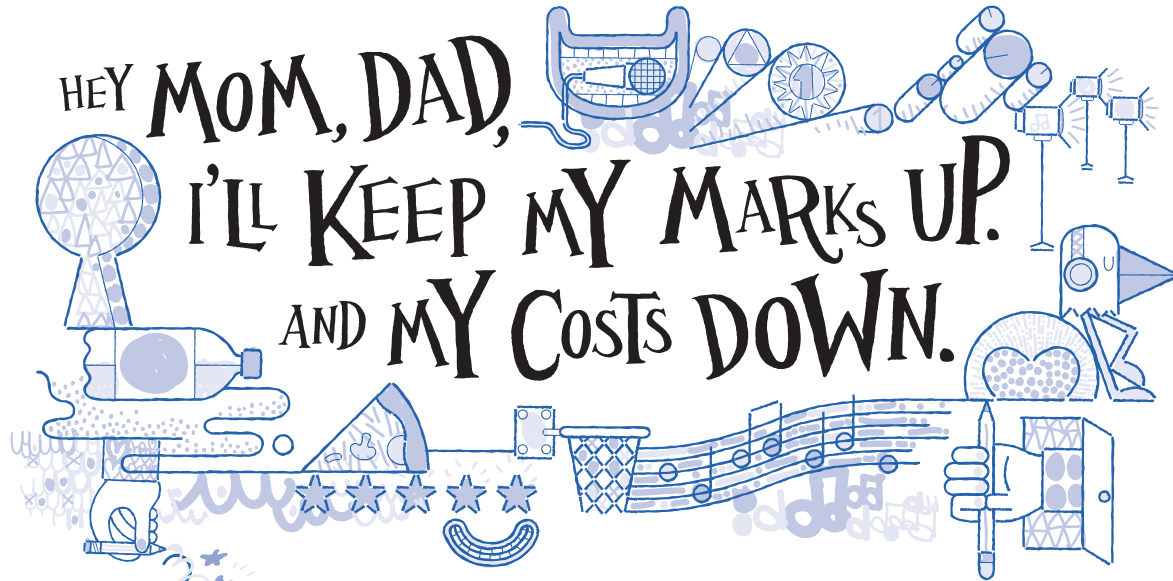
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Comment

Opposites attract in money matters

Relating

Steve
Collins

metronews.ca/collins

Money is not the most important thing in the world. Love is. Fortunately, I love money.

— Jackie Mason

n matters of money, is your ideal mate frugal or frivolous? The answer may be itemized

in your own credit card statement.

Researchers at the University of Michigan's Ross School of Business who surveyed 1,000 married and unmarried adults identified a tendency for skinflints and squanderers to seek each other out.

The more unhappiness respondents reported with their particular monetary kink, whether it was overspending or oversaving, the more they were attracted to the other extreme. In this case, it seems opposites really do

attract, and, as even a non-scientist might predict, that's trouble.

Take the typical couple's set-tos over money matters then add the irritant of one partner obsessively building a nest egg the other seems intent on poaching. Stir vigorously and duck.

At this anxious economic pass, obviously it's the profligate spender who's going to take the most flack, but what about the stimulus-choking hoarder? Neither extreme approach to money is neces-

sarily a virtue.

Perhaps the cheap-skates need to learn to loosen up a little as much as the shopaholics need a bit of self-restraint.

But as some women find themselves drawn, mortifying clichés notwithstanding, to the bad boy, perhaps Mr. Bad Credit Rating has a similar allure. I've never been seriously tempted to hook up with a big spender, and just between you and me, I've never been financially well-endowed enough to really tempt one,

either.

There isn't much fiscal turmoil at chez Steve. I'm half Scottish and my thrifty beloved is not only Scotch but also Dutch. Loath as I am to perpetuate ethnic stereotypes, she's definitely the more penny-pinching half of this small-spending couple. When we go out, she audits me for over-tipping, though she's a softer touch when hit up for spare change.

A married couple we know are our opposite, but also allegedly finan-

cially compatible. Neither is what you'd call tight with a dollar. Both are impulse buyers, neither ever has much money left over, and they give each other hell about it. (This is far from the only thing they spar over.)

We muddle through based on roughly similar values, lots of laughs and uncommonly good chemistry. Separate bank accounts, in my experience, are also helpful.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Runner's gender testing tests prejudices

FourthWave

Canice
Leung

metronews.ca/fourthwave

When the world poked and prodded at prodigious South African runner Caster Semenya, musing whether she was a he, I assumed feminists would universally come to her aid — not so.

Take Germaine Greer, who advocated sexual liberation in her book *The Female Eunuch*. She recently

wrote about the gender-ambiguous in the Guardian: "Nowadays we are all likely to meet people who think they are women, have women's names, and feminine clothes and lots of eyeshadow, who seem to us to be some kind of ghastly parody, though it isn't polite to say so."

Funny ... as a biological female I often feel like a ghastly parody — my curves not globular enough; too much makeup or not enough. Men, women and in-between all fear they don't resemble their idealized images.

Woe be to the individu-

als whom genetic roulette places on the middle of a continuous spectrum somewhere between male and female. We've learned to tolerate most every kind of change in stride but not gender-bending.

The historical outcome of gender testing, before it was discontinued in 1999, was mostly a bunch of identity crises when female athletes learned they had chromosomal disorders. Most recently, India's Santhi Soundarajan was stripped of her Asian Games silver medal in 2006 after she was found to have androgen insensitivity syndrome, in which a genetic

male appears female because the body is resistant to male hormones.

Poor girls — merely being athletically competitive is a transgressive act that thrusts women into a man's world. If anyone should have understood, it was Semenya's colleagues, but they, too, turned against her.

"These kinds of people should not run with us. For me, she's not a woman. She's a man," accused Italian Elisa Piccione, who finished sixth to Semenya.

Canice Leung is a former editor of *Ryerson University feminist magazine McClung's*, copy editor at *Metro*, ardent feminist and loudmouth.



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Superior Plus to buy Sunoco assets in U.S.

Superior Plus Corp., Canada's largest propane dealer, says it is scooping up Sunoco Inc.'s retail heating oil and propane distribution business for \$82.5 million US. **THE CANADIAN PRESS**

9

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Oil profit to drop: Analysts

Oil industry profits this year are expected to be 24 per cent lower than in 2008, the Conference Board of Canada predicted yesterday, citing a startling drop in crude prices as the main culprit.

"The Canadian oil industry has long been a boom or bust industry, and that has been the case over the past year," said Todd Crawford, an economist with the Ottawa-based econom-

ic think-tank.

The Canadian oil industry's pre-tax profits are estimated to drop to \$11.6 billion, down from \$15.3 billion in 2008.

The price of crude oil touched record highs above \$147 US per barrel last July, only to shrink by three quarters within six months to below \$35 US per barrel. Prices have since doubled to around \$70 US per barrel, but re-

Gas excluded

• The Conference Board forecast excludes the natural gas extraction industry, which has been hit even harder in recent months.

main less than half their record highs. Oil production is expected to rise only 1.8 per cent this year compared to 2008, when output fell. **THE CANADIAN PRESS**

Business in brief

AUTO Ford Motor Co. of Canada leapt ahead of its rivals yesterday by offering consumers up to \$3,000 if they scrap their old autos and buy new company vehicles. That's double the maximum amount Chrysler Canada is using in its "cash for clunkers" program. Hyundai Canada is offering \$1,000 in a similar program.

THE CANADIAN PRESS

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Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Inspiration out of Africa

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for Metro Canada



Pierre-Emile Legrain, one of the founders of the Parisian Art Deco movement in the early 20th century, made it his mission to integrate African arts into Western decor. His work popularized the African-influenced motifs found in interiors today.

"Ritual and utilitarian objects from Africa, which were previously considered curiosities, became sources of inspiration," says Dr. Silvia Forni, an assistant curator at the Royal Ontario Museum and expert in African culture. "Since then, many western furniture and fashion designers have found in-



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Metro's Pick:
The Queen Mother dark wood stool accomplishes the triumvirate of class, substance and style.

Canada still No. 66 in world soccer

Confederations Cup champion Brazil remains atop the FIFA rankings for a third straight month. European champion Spain stayed second, followed by the Netherlands in world rankings announced yesterday. Canada remained unchanged at No. 66, sandwiched between Saudi Arabia and Wales. **THE ASSOCIATED PRESS**

11

Sports



Luongo signs long term

The Vancouver Canucks have agreed to a 12-year, \$64-million US contract extension with star goaltender Roberto Luongo, left. The deal will keep the 30-year-old Canucks captain in Vancouver until the 2021-22 season. Luongo was 33-13-7 last season with a franchise-record nine shutouts. In 544 career games, the Montreal native is 230-232-64 with a 2.57 goals-against average.

THE CANADIAN PRESS

EDITOR: CHRIS.CLEMENTS@METRONews.CA

Coyotes' fate on hold

Hearing adjourned without ruling on Balsillie's bid

Jim Balsillie's bid for the Phoenix Coyotes remains on hold.

A U.S. bankruptcy hearing adjourned yesterday without a decision on whether the BlackBerry boss could take part in an auction for the troubled NHL franchise. There was no immediate word on when Judge Redfield T. Baum will rule on the issues.

"I totally respect the court process. Whenever he rules it I will respect his ruling," Balsillie said.

"I still think our bid is best by far the best for creditors, for fans, and the long-term viability of the team. All I wanted from the very beginning is a chance for a level-playing-field court-supervised auc-

"I totally respect the court process. Whenever he rules it I will respect his ruling."

Jim Balsillie

tion where we could participate."

"The process continues, but we are getting closer to a culmination of these proceedings," added NHL commissioner Gary Bettman, who added he was not disappointed that Baum did not make a ruling yesterday.

"I don't think that would be a fair characterization," he said. "As the judge indicated, a tremendous amount of paper and pleadings have been submitted. I'm sure the judge wants to be completely

comfortable he's had ample opportunity to review everything and reflect on it appropriately."

In court, lawyers for the NHL and Balsillie offered different visions of the Coyotes this season.

The NHL defended its position not to accept Balsillie as a potential owner and insisted the team had to stay in Arizona while a lawyer for the Canadian billionaire claimed that the team could move to Hamilton partway through the season.

THE CANADIAN PRESS

Sports in brief

PACMAN The Winnipeg Blue Bombers won't be signing Adam (Pacman) Jones after all. The team yesterday ended its pursuit of the controversial ex-NFL cornerback, one day after a source told The Canadian Press that Jones had agreed to join the team. **THE CANADIAN PRESS**

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MAKING PHONES RIDICULOUSLY SIMPLE

Ace of Cakes returns to Food Network with a new season tonight at 10 p.m. ET and 11 p.m. PT. When the hit series *Lost* needs a cake to celebrate their 100th episode, actor Jorge Garcia calls Duff at Charm City Cakes to commission a cake creation. **METRO NEWS SERVICES**

Food

Don't forget, if using wooden skewers, to soak them in water for 20 minutes prior to threading on meat or vegetables. This helps prevent the skewers from burning on the grill.

20 MINUTE SUPPER CLUB



EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Apricots and nectarines

Summer fruit stars in these skewers and dessert dish

Getting ready to go back to school? Don't stress over finding cheap eats to get you through your next semester. Try the new Student Saver Guide on 20minutesupperclub.com. It's an easy way to stay healthy and keep within your food budget this year!

Take your one last chance to get out and grill while the weather is still warm with this week's sweet yet tart meal! Fire up and grill these delicious Chicken Skewers with Black Pepper Apricot Glaze. For a fresh finale, try these Baked Lime Nectarines in the oven or on the grill.

Fire Roasted Chicken Skewers with Black Pepper Apricot Glaze

Recipe developed by Paula Bowman.

SERVES 4

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS:

- 1/2 lb green beans, trimmed
- 1/4 cup apricot jam
- 3 tbsp cider vinegar
- 1/4 tsp freshly ground black pepper plus more for seasoning
- 1 garlic clove, minced
- 1 1/2 lbs skinless and boneless chicken breast, cut into 1-inch cubes
- 1 fennel bulb, quartered lengthwise, cored and



Fire Roasted Chicken Skewers with Black Pepper Apricot Glaze

thinly sliced, fronds reserved

- 6 small radishes, halved and thinly sliced into half-moons
- 2 tbsp extra virgin olive oil, plus more for oiling grill

- 1 lemon, zested and juiced

METHOD:

Preheat grill to medium-high.

Fill a large bowl of water with ice water and set

aside. Bring a saucepan of salted water to a boil. Blanch green beans in boiling water until tender-crisp, about 4 minutes. Remove from boiling water and plunge in ice water until cooled. Drain and pat dry with paper towels. Cut into 2-inch lengths and set aside in large bowl.

Meanwhile, combine next 4 ingredients together in bowl. Stir until smooth and well blended and set aside.

Thread chicken pieces onto 8 metal or presoaked wooden skewers and season with salt and pepper. Lightly brush grill with olive oil, place chicken skewers on grill and cook

Tasty extras

• Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a \$50 President's Choice gift certificate to stock your cupboards with delicious PC products to create your favourite 20 Minute Supper Club recipes! For product information and store locations, visit PC.ca. A weekly winner will be drawn until the end of October.

for 2 minutes. Turn skewers over one quarter turn and baste cooked side with glaze. Continue to cook, basting and turning as needed until cooked through, about 8-9 minutes total. Remove from heat, cover chicken lightly with foil and assemble salad.

Read more on page 13 »

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Baked Lime Nectarines

>> Continued from page 12

Add fennel and radishes to reserved green beans, drizzle with olive oil, lemon zest and juice and season with salt and pepper. Garnish with some of the reserved fennel fronds.

Serve salad divided between 4 plates with skewers of grilled chicken.

Baked Lime Nectarines

SERVES 6

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS:

- 3 large nectarines
- 2 tablespoons honey
- 2 tablespoons lime juice
- Optional:**
- Vanilla Ice cream
- Grated semisweet baking chocolate

METHOD:

Preheat oven to 325°F. Cut nectarines in half around the center. Dig out pit with a spoon. Place cut side up on a baking sheet. Drizzle the honey and lime juice over the nectarine edges and in the pit cavity.

Bake for 20-30 minutes depending on the ripeness of the nectarines. Remove from oven and place in individual serving bowls.

Let cool a few minutes. If desired, add a scoop of ice cream to each bowl and grate chocolate over top.

**Liquid Assets****Peter Rockwell**

metronews.ca/liquidassets

One sweet sip

Some things in life are just too hard for me to understand. Things like: The CBC's decision that what's really missing from my afternoons are reruns of Ghost Whisperer, how Chris Brown can sleep at night and, closest to my heart, why so many people I meet complain that they can't finish a full bottle of wine in one sitting. Jennifer Love Hewitt's acting and slap happy musicians aside, leave it to the innovative Aussies to solve the "too much wine" problem. Hardy's has created a 250 millilitre bottle they call the shuttle that's made of plastic (yes, plastic) with a screw-off cap that — get this — has its own glass attached.

The Stamp Series 2007 Chardonnay Semillon (\$4.25 - \$4.99) is a soft, tightly tropical white with a rich, citrusy finish, while the Stamp Series 2008 Shiraz Cabernet Sauvignon (\$4.25 - \$4.99) is a bright, easy-drinking red with lots of dark cherry/berry fruit and a touch of spice.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Editor's Note

- Starting next week, the Food section is moving to Tuesdays, bringing you great recipes and terrific food content earlier in the week.
- Starting next Thursday, Metro is launching Urban Foodie, a column that reviews Calgary's best dining spots.

Food in brief**FAIR TRADE**

By summer 2010 Cadbury Dairy Milk bars will be Fair Trade Certified, bringing Fair Trade chocolate to grocery stores, gas stations and convenience shops across Canada.

METRO NEWS SERVICES

On the web**Global Peasant:**

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/globalpeasant for a recipe for raw caesar salad dressing.

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Venturing over the weir is risking certain death. Escape is impossible once you are caught in the swirling water. The water is equally dangerous near the weir at Wyndham-Carseland Provincial Park and above or below any other dam.

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14

Canadian jewellers MYKA Designs recently launched their latest creations, the MOSAIC Collection. It includes statement pieces as well as finer intricate designs. Visit mykadesigns.com. **METRO NEWS SERVICES**

Style



Charity totes

Aldo has partnered with YouthAIDS to launch three new collectible bags with 100 per cent of sales benefiting the cause. The totes (\$10 each) will support AIDS education and prevention programs in Africa. **METRO NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

The white rules

Wearing white clothes after Labour Day is OK but there are strings attached

It's an old-school rule that you shouldn't wear white after Labour Day, but even the newfound fashion freedom to wear light colours in cooler weather comes with some strings attached.

When summer really is turning into fall, it's time to re-evaluate the fabrics in your closet. Linen should get packed away first — and it doesn't really matter what colour it is, says designer Shoshanna Gruss.

"You wouldn't wear a strapless sundress if it were white linen or black linen in the fall," she says. "Summer clothes are summer clothes, but, colourwise, it's more interesting and fun to play with your wardrobe and not leave any colour out."

Her quick replacement for that cocktail-party sundress would be a brocade, which she says would look stunning in a creamy white and probably complement most skin tones in the process. Indian summer and early fall is when many people look their best with just a hint of a golden glow, and a rich white will show that off, Gruss says.

Considering the Little Black Dress is so famous — and so popular — the woman who wears the Little White Dress has the chance to be the first one noticed in a crowded room, adds Kelly Golden, owner of the upscale store Neopolitan in Winnetka, Ill. "The right shade of winter white

is flattering on everyone. It looks rich," she says.

When it comes to pants, Gruss will be switching to winter-white wool, probably paired with a jewel-tone sweater, or, even better, a chocolate-brown top.

Don't put away white denim, though, says Suze Yalof Schwartz, executive fashion editor-at-large at Glamour. Nothing is more chic than white jeans in the wintertime with a chunky sweater or a blazer and leather boots, she says. That will look "very Michael Kors."

Stefani Greenfield, the owner of Scoop boutiques and designer of the Curations collection for HSN, makes the case for a Jackie Onassis-inspired outfit: a black turtleneck with those white jeans, animal-print ballet flats

and either a cuff bracelet or pendant necklace.

A shot of white, maybe a turtleneck under a sweater or a white shirt under a cardigan, can also have a slimming effect in the way a black vertical stripe does on a bathing suit. Mixing a few tones of white in the same outfit can be very cool, adds Patrick Robinson, creative director at Gap. Yalof Schwartz likes a white sweater dress worn with dark opaque tights. White legwear is almost always a no-no, however.

Greenfield prefers the purity of white, so she recommends staying away from prints and wearing it instead with tonal solid-colour pieces, especially camel and oatmeal. To her, navy-and-white combinations scream "spring."

As long as you can keep it clean, white outerwear is a way to make a striking and stylish statement, says Greenfield, who has both a white down vest and white ski jacket — which she alternates as her cold-day "uniform." "There are ways to wear white after Labour Day and not stick out like a sore thumb."

THE ASSOCIATED PRESS

Left: A strapless tulip dress from Shoshanna Lonstein's fall 2009 collection. The designer likes the idea of playing with colour all year round.

PHOTO COURTESY OF SHOSHANNA LONSTEIN



Gucci shopping: just a click away

WEBSITE Local luxury lovers can now get a fashion fix with the recently launched Canadian version of Gucci.com. The site includes the ready-to-wear collections and the knockout accessories as well as items that are exclusive to the Canadian site and can't be found in the Toronto and Vancouver Gucci stores. But you don't necessarily need to pull out the platinum card to indulge in some of the sexy jet-set vibe of this iconic brand — besides perusing the merch, visitors can check out a front row view of the Gucci fashion show.

TORSTAR NEWS SERVICE

Fashion Week

Beginning next week, Metro Canada will bring you exclusive coverage from fashion weeks in New York, London, Milan and Paris, along with the latest in Canadian fashion. The series starts on Sept. 10 with New York and continues weekly with London (Sept. 17), Milan (Sept. 24), Paris (Oct. 1), and Toronto (Oct. 15).



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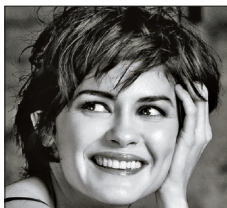
Audrey Tautou plays Chanel before the designer was a legend

By MANON CHEVALIER
Contributing Writer

The last time we interviewed Audrey Tautou, she told us that her "star had reached its zenith with Amélie." That was eight years ago, and the young French actress was still coming to terms with her new stature as an international starlet. "You can't imagine yourself a hurricane of glory when you're not responsible for that glory," she said. "Nothing prepares you for it." Unlike the optimistic pixie heroine who transformed her into a supernova success, Tautou de-

scribes herself as "profoundly pessimistic," adding that it's a burden to be associated with such an idealistic and kind character. "No one forgives you if you're not being the ubiquitous good fairy,"

available everywhere for everyone, spreading love



and happiness," she

said. "In short, everyone wants you to perform miracles — like

Amélie." Tautou has starred in other films (Dirty Pretty Things, The Da Vinci Code), but it's her latest film — Coco Before Chanel — that will



likely reignite an-

other "hurricane" of frenzied attention. But, unlike Amélie, Tautou says that she and the legendary fashion designer share similar traits.

"What links me to Coco is a certain strength of character," explains the 33-year-old actress. The film, which focuses on Gabrielle Chanel's early years before she achieved her iconic fashion status, is set to debut at this year's Toronto International Film Festival.

MODERN SCULPTURE

Softy chiselled cheeks are back

EXPERT SHERI STROH,

Toronto-based makeup artist ● Even out the skin tone with a matte foundation, and apply concealer where needed. ● Use an angled blush brush to

apply a light to medium matte bronzer in the hollows of the cheeks. (Making a "fish face" will help you find the right spot.) Starting an inch or so away from the mouth and

nose, softly blend under the cheekbone and up and out toward the ear. ● Press a light concealer onto hydrated lips or apply a nude lipstick for the same effect.

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Editors' Pick

HIGH SEASON

Harry Josh, celebrity stylist for John Frieda, on how to wear an updo:

● Keep it relaxed. "If it's too polished, you just end up looking matronly," says Josh. ● If you wear your hair up often, Josh recommends getting bangs and layers around your face. Once your hair is up, pull out the layers to create a frame for the washing and brush through a flexible hairspray or dry shampoo beforehand.



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Back^To School

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

If the shoes fit...

LEYLEA EMORY
for Metro Canada

Going back to school may be a pain, but new shoes are always a pleasure.

"Back to school marks a time for new footwear," says Joe Houlihan, head of shoes for Walmart Canada. And this year it's about getting "back to basics, with traditional styles being the real winners," according to Katherine Chapman, chairman of Olly Shoes.



Rich purples are a hit this fall, as seen in Ecco's Summerday purple shoe, (\$120 at eccocanada.com), left, and UMI's Faina shoe (\$64.95-\$69.95 at Olly Shoes, ollyshoes.com), right.

For girls, think fashion boots and ballerina flats. "Rich purples and pinks are a constant favourite," says Chapman.

For boys, it's all about the athletic look. "The DC brand skater shoe has been a big hit in lace-up styles, which offer greater support for activity," she adds.



The Payless Smartfit Tod Cute Boot, far left, is \$29.99, while the Payless Smartfit Pom Pom fur boot is \$39.99. Go to canada.payless.com or phone 1-877-474-6379 for more. The ballerina flats, above, are \$19 a pair at Walmart, walmart.ca.

But graphic canvas sneakers are the universal "it" item for this year's schoolyard catwalk, according to Mardi Larson, spokesperson for Payless Shoes. "What better way to show personal style than by sporting the latest in wearable art? Another big trend this season is tattoo-inspired appliques, frayed edging, colour blocking patterns edgier details than ever before."

Plaid is also making a comeback.

Walmart's "Mad about plaid" styles range from small feminine plaids to tartan, tweed and Buffalo checks," says Houlihan.



And affordability never goes out of style. The average Canadian will be spending about \$80 on shoes, according to Walmart.

The object is to make that go as far as possible. Payless is offering its signature Bogo sale — buy one, get the second for half-price, while Walmart's shoe assortment starts at \$8 — part of its Top 10 Back to School Items for Under \$10 promotion.

Chapman recommends doing your homework. "To save money, ask if they have a clearance section," she says. "These are always the



This range of boys and girls athletic and skate shoes range in price from \$15-\$20 a pair at Walmart, walmart.ca.

same quality products that the store carries, but likely from last season so they will be clearing them out at greatly reduced prices.

"Ask if they have a membership program that ties in to discounts for products purchased. Also many stores will email their members

The Payless Airwalk Rave Skate is \$27.99. Go to canada.payless.com or phone 1-877-474-6379 for more. The DC Court Graffik shoe, far left, is \$44.95 at Olly Shoes, ollyshoes.com.

with sale notifications, be sure to get on their list," Chapman says.

And when it comes to shoes, size matters. To get the most out of a purchase, make sure the shoe fits.

"It's important to go to a store that understands how to properly fit your child," says Chapman. "It's fine to allow for some growing room, but not so much that it hinders the child while walking or running — which could lead to a fall."

Help your kids get off to a good start with this simple checklist

The first bell at school may still be a few days away, but educators agree that a smooth transition back into reading, writing, and arithmetic routines takes some thoughtful planning in advance by parents.

"One of the most accurate predictors of student success is not family income or social status, but

the extent to which parents are involved in their children's education," says Dr. Donna McGhie-Richmond, educational specialist with Kumon Math and Reading Centres.

"Parent involvement in education is essential for many students, reinforcing the importance of learning."

To help your children get off to a good start this year, here is McGhie-Richmond's checklist:

- If your child is just beginning the school experience, discuss what can be expected on the first day such as learning class rules, catching up with friends, and making new ones.

Show your child the route to school, and make a visit there before classes start.

- Get to know the teachers. Make them aware of out of the ordinary circumstances at home. Let teachers know you expect and appreciate progress information — both positive and negative.

- Set up a regular place at home for schoolwork. Make sure it is well-lit, clutter-free, with paper, pencils, pens, computer, and a dictionary and thesaurus.

- Involve your child in putting together a back-to-school "kit" of supplies that will be needed in the upcoming year. Ask the

school for ideas if needed.

- Establish a regular study time for your child every day. Agree on a time and stick to it: even if homework has already been completed, use the study time for reading or reviewing the work. Mark off the time on a calendar.

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Lindsay leaves Hollywood home

Lindsay Lohan is leaving the rented Hollywood Hills home that was burgled last week. She was photographed clearing out the property on Tuesday and a moving company showed up to take away her valuables. **FEMALEFIRST.CO.UK**

17

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Diva makes comeback

Whitney Houston

Album: I Look To You

Label: Arista

Rating: ⓈⓈⓈ

WHITNEY HOUSTON FANS look to the singer primarily for her voice,



that penetrating cry that can transform a Dolly Parton song into a power ballad that could shatter whole buildings and Billboard charts alike. So those same fans will be disappointed to hear that those days are over, in the form of Houston's comeback album. The singer will never be the vocal powerhouse she used to be. That said, with an all-star roster of writers and producers on board, *I Look To You* is guaranteed to succeed. And with a few bangers, like the empowerment-funk of Million Dollar Bill, the sensitive title track and the club-sleek 'Nothin' But Love', Whitney does the best with what she's got.

Jason Richards/for Metro Canada

Pitbull

Album: Rebirth

Label: J Records

Rating: ⓈⓈ

DESPITE THE TITLE, there's nothing rebellious or revolutionary about Pitbull's new disc. It's a far cry from the rapper's sophomore album, *El Mariel*, which was filled with political messages about being a Cuban growing up in Miami. These days the hip-hop star sings mostly derogatory songs about sex and girls. While most of the songs are slick club numbers — I Know You Want Me has been playing in bars for weeks — the lyrics are offensive and humourless.

Bryan Borzykowski/for Metro Canada

Juliette Lewis

Album: Terra Incognita

Label: The End

Rating: ⓈⓈⓈ

AFTER FOUR ALBUMS, Lewis is finally a bona fide musician.



I Look To You is the first CD from Whitney Houston in seven years.

The actress has said this is the first time she's focused on songwriting and it shows. *Terra Incognita* is smooth, focused and easily her most thoughtful album. She covers a lot of ground

— Ghosts is an atmospheric Janis Joplin-like track; Fantasy Bar is a raucous tune with a soaring chorus; on Suicide Dive Bombers she sounds like Bowie.

Bryan Borzykowski/for Metro Canada

MusicReviews

music@metronews.ca

The Apples In Stereo

Album: #1 Hits Explosion

Label: Yep Roc

Rating: ⓈⓈⓈ

da

THE LATE '90S weren't a complete musical wasteland.

You just had to dig a bit to find the good stuff. Those digging hard enough would have landed on the Elephant 6 indie collective that produced *The Apples In Stereo*. #1 Hits Explosion offers up 16 of the band's best from its 13-year history. A great introduction for newcomers and a concise compilation for fans.



Jackson tribute

La Toya Jackson has decided to release the first single off her new album as a tribute to Michael Jackson. Proceeds from *Home* will go to one of Michael's AIDS charities. **POPEATER.COM**

un-believable

matt damon is The Informant!

FROM THE DIRECTOR OF OCEAN'S 11, 12 AND 13
SEPTEMBER 18

IN THEATRES SEPTEMBER 18

A PAIR OF PASSES TO SEE AN ADVANCE SCREENING OF THE INFORMANT! ON SEPT 13

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No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes September 8, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca

CA	VuSC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/3/09	267 351 - ACCESS	Alberta Primetime (Live)	(8:02) Private Practice	Grey's Anatomy	Fringe (HDTV)	Primer				
	243 317 3 CFCN	etalk	Hollywood	The Mentalist (HDTV)	CSI: NY "Wasted"	CSI: Crime Scene Invstgtn.	CTV News			
	- - 4 OMNI	Two/Half Men	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	The Simpsons King	Metropolis			
	- 371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment The Insider (N)	Grey's Anatomy	Grey's Anatomy	Practice			
	245 306 6 CBRT	Wheel-Fortune	Jeopardy!	The Nature of Things	This Beat Goes On (N)	CBC News: The National	The Hour			
	244 338 7 CICT	ET Canada	Entertainment	90210 (N)	Big Brother 11	The Office	The Office	News Hour		
	246 - 8 CKAL	Law & Order: SVU	Law & Order: UK	30 Rock	Parks-Recreat	30 Rock	Your City			
	119 705 9 CBFT	Des saquelettes	Gars fille	Tout le monde en parlait (SC)	Bons baisers de France (SC)	Le Téléjournal et Les Nou	TJ Alberta			
	- - 10 SHAW	(6) Local Programming				Local Programming				
	- 372 12 KREM	News	Hollywood	The Doctors (N)	Big Brother 11	CSI: Crime Scene Invstgtn.	The Mentalist			
news	500 500 29 CNN	NewsHour With Jim Lehrer	Chihuly in the Hotshop	Shellock Holmes Mysteries	CBC News: The National	CBC News: The National	Soundstage			
	502 390 15 CBC	CBC News: The National	The Nature of Things	CBC News: The National	CBC News: The National	CBC News: The National	Nature-Things			
	- 370 16 KHQ	News	Be-Millionaire	Jeopardy!	Wheel-Fortune	The Office	30 Rock	Law & Order		
	- 373 22 KAYU	The Simpsons	Seahawks Pre.	NFL Preseason Football Oakland Raiders at Seattle Seahawks. From Qwest Field in Seattle.						
	297 652 37 WPXI	Supernatural (HDTV)	PIX News at Ten Tong.	Two/Half Men	Friends	Sex and-City	According-Jim	Fraser		
	500 500 29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Showbiz Tonight	SportsCentre	Jane Velez-Mitchell	Cooper 360	Nancy Grace		
	508 500 21 TSN	Jane Velez-Mitchell	Nancy Grace	World Poker Tour						
	(5) Tennis U.S. Open, Men's & Women's Second Round.									
	408 418 27 net	MLB Baseball	Sportsnet Con.	MLB Baseball Arizona Diamondbacks at Los Angeles Dodgers.						
	410 403 30SCORE	College Football	College Football Oregon at Boise State. (Live)							
sports	411 457 44 OLN	Survivorman	Ghost Hunters	Bounty Hunter	Bounty Hunter	Survivorman	Ghost Hunters			
	417 406 48 SPEED	Jacked!	Jacked!	Wrecked (N)	Wrecked	Pass Time	Pinks -- All Out (HDTV)	Jacked!		
	552 543 20 YTV	iCarly	iCarly	Drake & Josh	Family Biz	Malcolm-Mid.	In Real Life "Pilots"	Falcon Beach		
	557 541 39 FAM	Zoeys 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Wizards-Place	Life Derek		
	555 545 67 TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN "2-4-1"	Futurama	Beavis and Butt-head	
	575 583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Karaoke Star "Saskatoon"	Home Improve.	Home Improve.	Reba	
	553 546 17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	- - 18 CHTV	Off Air								
	505 398 19 TWN	(5) EarthWatch One	EarthWatch One	EarthWatch Two						
	602 568 23 W	House-Sell	Style by Jury	Old Christine	Friends	Confidential	Confidential	Divine Design		
family	521 560 24 TLC	Police Women of Broward	LA Ink (HDTV) (N)	LA Ink (HDTV) (N)	Police Women of Broward	LA Ink (HDTV)	Police Women			
	615 520 25 FOOD	Perfection	Perfection	Ace of Cakes	Family	Unwrapped	Unwrapped	Perfection		
	603 560 26 A&E	The First 48 (HDTV)	The First 48 (HDTV)	Crime 360 (HDTV) (N)	Family	Crime 360 (HDTV) (N)	Crime 360	The First 48		
	617 522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits	Da Vinci's City Hall	The Best Years (DVS)	Bones			
	601 562 33 SLICE	Last 10	Last 10	Bulging Brides	Bulging Brides	Real Housewives OC	Trading Sp			
	- 633 34 ENC2	Oxford Blues	(7:35) Air Bud: World Pup ** (2000)	Wildcats ** (1986, Comedy)	Goldie	Hawn, Nipsey Russell.	Bring It On			
	520 505 35 DISC	(6) MythBusters	MythBusters	MythBusters	Daily Planet	MythBusters Automotive fables.				
	620 523 36BRAVO	Crossing ** (2005, Suspense), Crystal Buble	Bravonews	Law & Order "Asylum"	Without a Trace		Crossing **			
	294 650 40 WPCB	Anaconda ** (1997, Suspense) Jennifer Lopez, Ice Cube.		Seinfeld	Anaconda ** (1997, Suspense) Jennifer Lopez, Ice Cube.					
	626 547 41 COM	Laughs	Comedy Now	Air Force	22 Minutes	22 Minutes	Comedy Now	The Simpsons	South Park	Comedy Now
cable variety	- 539 42 TCM	(6) The Magnificent Seven	(8:15) Return of the Seven ** (1986, Western)	Guns of the Magnificent Seven (1969)						
	628 584 43 SPIKE	TNA Wrestling (HDTV) (N)	Surviving Disaster "Hjack"	MANswers	GameTrailers	Ways to Die				
	622 516 45 HIST	Underworld Histories	Ice Road Truckers	Underworld Histories	After People	Star Trek: Next Gener.	Trek: Voyager			
	627 528 46 SPACE	Crimson Force (2005, Science Fiction) (DVS)		(6) Young Frankenstein (1974, Comedy)	History of the World: Part I ** (1981, Comedy)	Be Cool (2005, Comedy)				
	- - 47 AMC	Bob & Doug	Bob & Doug	Seinfeld	The Outer Limits	ET Canada	TV Made, Do It	Family Guy		
	619 525 49 TROP	Disaster DIY	Big Amazing	House Hunters	House Hunters	Disaster DIY	Big Amazing	Handyman		
	501 591 52 CTV	CTV News Tonight	News	CTV News	News	CTV News	News	News		
	504 508 70 BNN	Taking Stock	Market Call	Market Call	Headline	Market Call	Commodities	Business News	Taking Stock	
	526 507 92 VIVA	The Closer	Da Vinci's Inquest	Psychic Inv.	Encounters	Judging Amy	Missing			
	269 350 93 APTN	Warriors: TKO	Wapros Bay	By the Rapids	renewadepress	Sweet November ** (2001, Romance)	Keanu Reeves, Charlize Theron.	Connections		
cable variety	- - 94 MCP	World News	News	Banquet	Kingdom-Wind	Dheeyan Ghar	Sadabhar	Connections		
	571 581 100 MM	Wild 'n Out	Wild 'n Out	Storytellers Jay-Z	The Daily Fix	Wild 'n Out	Wild 'n Out	Storytellers		
	570 580 101 MM	So You Think You Can Dance Canada		Dance	Video on Trial	Springbreak.09	One Tree Hill			
	581 566 102 MTV	Fantasy Fact.	Beatdown	Nitro Circus (N)	Pranked	MTV Live	After	Fantasy Fact.	Beatdown	Nitro Circus

critics' corner

Crimson Force

Earth is running out of energy, but a possible source of more has been detected on Mars. The astronauts dispatched to find it discover something nobody was expecting: an alien civilization that's in the midst of a civil war. And the Earthlings' spacecraft has crashed, so they're stuck there. Tony Amendola ("Stargate SG-1"), C. Thomas Howell and David Chokachi ("Baywatch") star in this 2005 sci-fi tale. 7 PM on SPACE



The Mentalist

Sometimes even the Hollywood dream factory can crank out a nightmare, as Patrick (Simon Baker) and the team discover when they travel to Tinseltown to investigate the murder of a movie producer. Robin Tunney, Tim Kang and Owain Yeoman also star in "A Dozen Red Roses"; Sarah Fiemet, Rebecca Rigg and Marcus Giamatti guest star. 11:01 PM on KREM

Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance – assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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18entertainment

Celebrity Buzz

Kate abused me: Jon I'm crazy like Marilyn, Megan says

ACCUSATION In his first television interview since divorce papers were filed in June, Jon Gosselin lashes out at his estranged wife Kate for years of abuse during their 10-year marriage, usmagazine.com reports.

"I took a lot of abuse from her. I was put down," he said on ABC's Good Morning America. "She'll call me like, almost like a lame fish. Like I wasn't going anywhere."

He also says that she of-

ten left him with the kids because she was travelling.

"Well, excuse me, I'm taking care of the kids. She's on book tours, she's doing all these things. You know, she's gone a week. You know, comes back. Packs up and leaves again," Gosselin, 32, said. "I'm standing there like, 'Oh, OK. Your mom's gone again.'"

The full interview airs Tuesday.

METRO NEWS SERVICES



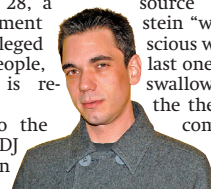
DJ AM's death a suicide?

TRAGIC DJ AM swallowed a handful of painkillers and had another still in his throat when he was found dead on Aug. 28, a law enforcement source has alleged to People.

popeater.com is reporting. According to the report, Adam (DJ AM) Goldstein

had eight undigested Oxy-Contin pills in his stomach, which suggests he downed them quickly. The source believes Goldstein "was going unconscious when he took the last one. He didn't even swallow it," adding to the theory that the DJ committed suicide.

METRO NEWS SERVICES



STAY AWAY She may not be a doctor, but Megan Fox has gone ahead and diagnosed herself as mentally ill.

"I definitely have some kind of mental problem and I haven't pinpointed what it is," Fox told Wonderland magazine. "I basically read every book ever written about Marilyn Monroe."

"I could end up like that because I constantly struggle with the idea that I think I'm a borderline personality — or that I have bouts of mild schizophrenia."

METRO WORLD NEWS



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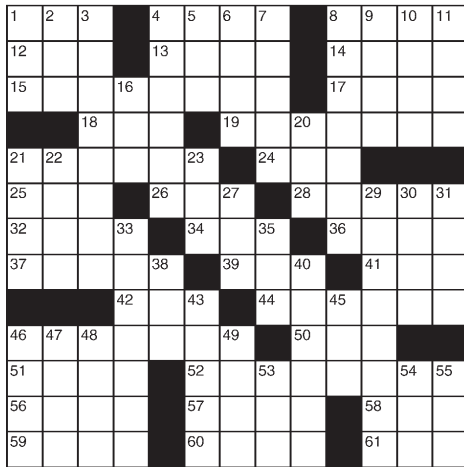
Executive Education



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WEEKDAYS AT 6 A.M.



ACROSS

- 1 PC program
- 4 Delves
- 8 Carnelian variety
- 12 Chum
- 13 Worshipped one
- 14 Rip
- 15 "Merci"
- 17 Top-notch
- 18 "... or — to be"
- 19 1/100 of a mark
- 21 Quarterback
- 24 Craze
- 25 Banned insecticide
- 26 Gratuity
- 28 Lukewarm
- 32 Shaving cream additive
- 34 "Phooey!"
- 36 Gaelic
- 37 Copycat birds
- 39 Profit
- 41 Pub order
- 42 Squealer
- 44 A Few Good Men director
- 46 Bankrupt

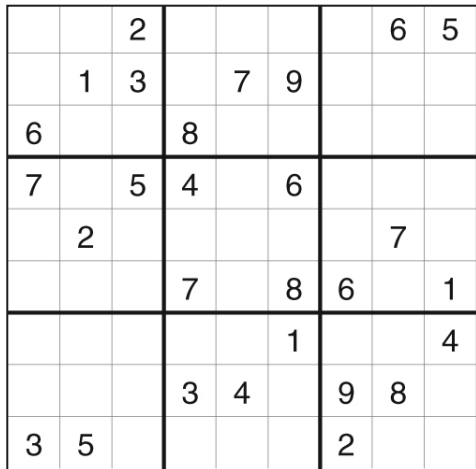
DOWN

- 50 Wapiti
- 51 Eager
- 52 Free-mail privilege
- 56 Infamous lyre player
- 57 Surpasses
- 58 Caspian, e.g.
- 59 Metric measure
- 60 Agile
- 61 Height of fashion?
- 20 Nosh
- 21 Leading man?
- 22 Without acting
- 23 Pen point
- 27 Skillet
- 29 Mischievous
- 30 Man is one
- 31 Bambi, e.g.
- 33 Peer's place, perhaps
- 35 That girl
- 38 Put into words
- 40 Wee
- 43 University near Boston
- 45 Sort
- 46 Gunshot sound
- 47 Always
- 48 Old Italian money
- 49 Item on stage
- 53 Spring mo.
- 54 Born
- 55 Whale group

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	2	5	1	4	7	8	6	9
8	1	9	6	5	3	7	4	2
4	6	7	2	8	9	1	3	5
5	3	2	7	6	1	9	8	4
6	4	8	9	3	5	2	7	1
9	7	1	8	2	4	6	5	3
1	9	3	4	7	6	5	2	8
2	5	6	3	1	8	4	9	7
7	8	4	5	9	2	3	1	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Take Five

Metro Recipe of the Day



Summer Turkey Sausage Pasta

Submitted by Danielle Seguin, Brentwood Bay, B.C.

INGREDIENTS:

- 1/2 cup pine nuts
- 4 green onions, chopped
- 2 red peppers, chopped
- 2 tbsp sesame seeds
- 4 cooked turkey sausages
- 2 cups whole wheat pasta, such as fusilli
- 4 tbsp olive oil
- 2 tbsp balsamic vinegar

METHOD:

1. Combine pine nuts, raw green onions and sesame seeds in a bowl. Add olive oil and balsamic vinegar and toss. Set mixture aside.
2. Cook the turkey sausages in a non-stick frying pan on medium to low heat.
3. Cook pasta. Once the sausages are cooked, cut them into slices and add to the pine nut and onion mixture.
4. Drain the fat from the

Weekly winners

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frying pan and toss in the chopped red pepper for 3 minutes, just to sear.

4. Add the peppers and pasta to the rest of the ingredients. Stir until thoroughly mixed and enjoy.

SERVES 2

PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES



20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at 20minutesupperclub.com

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20

As usual you're thinking of going it alone, but you'll find it easier to reach your goals if you team up with people who share your outlook on life.

LIBRA
SEPT 23-OCT 23

Any day can be a new beginning. If there is something that would make your life more rewarding, start thinking of ways you can get it. Then act.

TAURUS
APRIL 21-MAY 21

Listen to your conscience and do as it tells you, even if it puts you on a collision course with people who don't share your values.

SCORPIO
OCT 24-NOV 22

Be kind to yourself today, tomorrow and over the weekend. Even a Scorpio has weak points and they'll be apparent while the moon is full. Be careful.

GEMINI
MAY 22-JUNE 21

The right things seem to be happening at just the right time and the planets indicate you need only put a name to your desire to see it come true.

SAGITTARIUS
NOV 23-DEC 21

It might be tempting to say what others want to hear, but you'll regret it later when you have to tell them the truth. Be honest with people today.

CANCER
JUNE 22-JULY 22

If there's something you can do for someone today then do it and don't count the cost. That good deed will come back to you sooner than you think.

CAPRICORN
DEC 22-JAN 20

Be nice to people, especially those who may be of use to you in the future. Give them the respect they deserve. Let them know you're there for them.

LEO
JULY 23-AUG 23

Try not to let your heart rule your head today. Other people's tales of woe may sound credible but the planets warn it's most likely a trick.

AQUARIUS
JAN 21-FEB 18

This is a good time to plan your next vacation, especially if you've been stuck in one place too long. It won't be long before you are on the move.

VIRGO
AUG 24-SEPT 22

It's all coming together. That's great, but don't take your good fortune for granted. Enjoy the present but don't stop planning for the future.

PISCES
FEB 19-MARCH 20

You may think that if you don't get your financial house in order immediately it will be impossible to balance the books, but you are overreacting.

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WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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1. Convent women's hot dog holders (1)
2. African republic drum for a beatnik (2)
3. Made a bird's home less tidy (1)
4. Not-quite-legit lord's wife (2)
5. Conservative wing's tough spots (1)
6. Cancel a trayful of baking cookies (1)
7. Online newsgroup message bragging (2)

A World in Crises? Get the Whole Story

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